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This service is for general distribution of information and news to Sailors and Marines and their families, civilian employees, and retired members of the Navy and Marine Corps and their families. Further dissemination of this information is encouraged.

Stories for this week include:

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Crisis Response Team Busts Stress for Coast Guard Crew
Roosevelt Roads, PR--For the crew of the Coast Guard Cutter BAINBRIDGE ISLAND, who spend their time rescuing others, it was a relief when the Navy came to their aid recently.

When members of the Crisis Response Team (CRT) from U.S. Naval Hospital (USNH) Roosevelt Roads, PR, brought relief to the crew by providing stress management and psychological counseling after a traumatic rescue mission.

When the Coast Guard Cutter BAINBRIDGE ISLAND responded to a call for help from an overcrowded fishing boat heading to Puerto Rico, it seemed like a typical rescue mission. But then the unthinkable happened.

Just as the 110-foot patrol boat lowered its small boat and life jackets to the 80 Dominican Republican passengers, the fishing boat suddenly capsized and its passengers were tossed into the ocean. The Coast Guard crew reacted swiftly, calling for additional help from shore-based helicopters and other cutters. Despite their valiant efforts, two people were lost at sea and a 30-year-old woman drowned.

The experience was a traumatic one, but combined with the fact that the same crew was the first cutter on-scene for the search and rescue effort following the crash of TWA Flight 800, it was a devastating blow. According to the cutter's commanding officer, LT Clay Diamond, the emotional strain was visible on the

faces of the crew.

He called for help, and within 90 minutes, the CRT was transported via helicopter to Mayaguez, PR to rendezvous with the cutter. Navy psychologist LT Andy Davidson, MSC, said that call accelerated the recovery of the crew.

"Research shows that approximately 15 percent of people who are involved in a traumatic event come down with post-traumatic symptoms," said Davidson. "Early intervention can reduce the number to as little as one percent."

The team, consisting of nurse LCDR Karen DiRenzo, Davidson, and HM3 Ezekial Williams, split the crew into two groups and began the process of getting the crew to talk about their experiences.

"The team's goal was to speed up the recovery of normal people having normal reactions to abnormal events," said DiRenzo.

According to Diamond, the CRT was able to do just that.

"Nothing can, or should make us forget this tragic capsizing, but the support and professionalism of the Crisis Response Team has definitely helped all of us on board deal with our emotions and continue to do our jobs," said Diamond.

By LT Edie Rosenthal, Bureau of Medicine and Surgery

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Hearts and Stars Mean Healthy Eating

Bangor, WA--Health educators at the Branch Clinic in Bangor, WA, are helping commissary shoppers make the healthy choice when it comes to food.

They can't be with shoppers as they travel the aisles choosing the week's groceries, but the educators' hints for healthy eating are there in the form of red heart or gold star stickers.

In collaboration with the Submarine Base Bangor commissary, the clinic's health promotion staff have marked foods that are low in fat and high in nutrients. Foods with three grams of fat or less and 30 percent of the daily requirement for either calcium, iron, or vitamin A and C per serving get a little red heart. A gold star means that one serving meets at least two of those requirements.

Susan J. Yake, a registered dietitian and member of the health promotions team, said what may seem so simple can go a long way to improve people's wellness. She sees about 3,500 people a year who have compromised health. By altering their diet, she said, 75 percent of them make marked improvements to their health.

"A lot of customers are health conscious these days," said David Peters, the Base's commissary officer. "Now, instead of having to read the labels, they'll be able to identify what they're looking for more easily."

The hearts and stars may be just the first of several innovations at the commissary designed to help patrons stay healthy.

"(Peters) is very interested in getting us into his store and interacting with his population," said CDR Marie S. Senzig, NC, health promotions facilitator at the clinic. She hopes to

see a host of other "healthy" activities at the commissary, including blood-pressure monitoring and body-fat measurements.

"Knowing how much good we can do through education is what's so exciting about health promotions," said Senzig. "I feel as if I'm directly affecting lives."

By JO2 Damien M. Gelband, Naval Submarine Base Bangor

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VINSON Sailors Give Gift of Life to Omanis

Muscat, Oman--USS CARL VINSON (CVN 70) crew members recently gave a little of themselves to help the people of Oman.

Sixty of the ship's crew and 14 members of VINSON's air wing donated blood in a drive hosted by the ship's Medical Department.

The drive was held during the ship's four day port visit to Muscat, Oman. Staff members of the Sultanate of Oman's Ministry of Health, along with the ship's Medical Department personnel, set up a station on the VINSON's medical ward for volunteers to give blood.

The U.S. Embassy contacted the senior medical officer a few days ahead of the port visit to pass on the request for donations.

The medical team quickly promoted the blood drive via the ship's TV, radio, newspaper, e-mail, and posters.

"Well-deserved liberty time makes finding willing donors a bit more difficult without good advertising and we wanted to help out as best we could in this gesture of international goodwill," said LCDR Lou Gilleran, MC, the ship's senior medical officer.

"This is just like the Red Cross back home," said LT Thomas Jaglowski, NC, ship's nurse. "The Omanis often rely on blood drives by visiting ships to boost their supply, as you never know when a natural or man-made catastrophe may occur."

Dr. Thammina Mohd of the Oman Ministry of Health commended the crewmembers who gave blood. "The blood will be a big help. It does not matter who gives it because blood is blood. God made every human being's blood red."

Dr. Mohd was visibly impressed with the friendly and cooperative crewmembers.

Members of the medical staff worked hand in hand with the Omani Ministry of Health staff. HM3 William Lucas volunteered his hard earned liberty time to help. "We monitor the donors during and after the blood is drawn and offer them cookies and juice to replace nutrients lost."

FN Michael St. John from the ship's engineering department, is a regular blood donor. "I donate every three months, because I am doing something for someone other than myself", he said. "It is a good feeling to help out and I hope my blood helps the Omanis."

By USS CARL VINSON Public Affairs

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Corpsman, Patient Admin Team Receive Enderby Award

Bremerton, WA--HMCS Jerry Meneses Sr. and the patient administration department at Naval Hospital (NH) Bremerton, WA were recognized by the Washington Coalition of Citizens with

Disabilities for "going beyond the call of duty" in assisting a disabled Sailor. They were awarded the Keith Enderby Memorial Award for providing "a superior environment whereby persons with disabilities can express their full range of skills and creativity."

Meneses and his department were specifically cited for their work with a paralyzed Sailor who was injured in an auto accident on her way to her first duty station. They helped her focus on her recovery rather than her outside stresses and distractions, and also found her a job in the hospital while she was recuperating. "It was important to find her something to do, because a person working feels a sense of self-worth," Meneses said.

The Sailor, who came in on crutches, was able to walk out of the hospital under her own steam four months later.

The award was presented to Meneses and the department he leads by Seattle Mayor Norm Rice at the annual celebration of the Americans with Disabilities Act held at Seattle Center. Meneses and his Patient Administration Department are only the second to receive the award, and the first Navy recipients.

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Occupational Health & Medicine Workshop Scheduled

"Readiness: Our First and Foremost Priority" is the theme of the Thirty-Eighth Navy Occupational Health and Preventive Medicine Workshop sponsored by the Navy Environmental Health Center (NEHC).

The workshop will be held 7-14 February 1997 in Virginia Beach, VA. A wide variety of courses and presentations on occupational health and safety, preventive medicine, health promotion, environmental protection, and industrial hygiene will be featured.

Attendees are invited to participate in poster sessions in the areas of occupational health, preventive medicine, research and development, industrial hygiene, and health promotion. For more information, contact Debbie Davis at (757) 363-5521, DSN 864-

5521, or e-mail davisd@ehc40.med.navy.mil.

Every year the workshop recognizes outstanding professionals in occupational health and preventive medicine. For more information on awards, contact LT Mark Russell at (757) 363-5558, DSN 864-5558 or e-mail russellm@ehc50.med.navy.mil.

Workshop information and registration will be available on the NEHC Homepage at <http://ehc40.med.navy.mil/~workshop> beginning in December 1996. For more information on registration, contact Norma Thrower at (757) 363-5452, DSN 864-5452, e-mail throwern@ehc.med.navy.mil.

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HMC Seymore Awarded Marine Corps League's Piercy Award

Washington, DC--The Capital Marines Detachment of the Marine Corps League will present the 1996 George William ("Doc") Piercy Award to HMC Kevin G. Seymore.

The award is presented annually to an individual who has

made a significant contribution to increasing combat readiness in a medical support element of the Fleet Marine Force.

Seymore was selected for his "superior leadership, dedication and management skills" while stationed with the Second Marine Division in Camp Lejeune, NC.

The Commandant of the Marine Corps, GEN Charles C. Krulak, will present the award to Seymore on 25 September at Marine Corps Base Quantico, VA.

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TRICARE/CHAMPUS Contractor Changes Name

AdminaStar Defense Services, the contractor who processes TRICARE Standard (CHAMPUS) claims for many northeastern states, changed its name and is now known as the Unisys Corporation--Health Information Management Service Center or "Unisys" for short.

Unisys processes TRICARE Standard (CHAMPUS) claims for Connecticut, Delaware, Illinois, Indiana, Maine, Massachusetts, Michigan, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island and Vermont.

By TRICARE Support Office Public Affairs

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TRICARE Prime Drops \$5 Charge for Enrollment Fee

TRICARE Prime has dropped its \$5 processing fee for families who pay their annual enrollment fees in quarterly payments. The Defense Authorization Act for FY 96, section 713, specifies that the annual enrollment fee for TRICARE Prime (TRICARE's HMO-type health care option) may be paid over four quarters "without imposing additional costs on covered beneficiaries."

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TRICARE Question and Answer

Question: How will access to care be affected for those foreign military personnel and their dependents covered under reciprocal health care agreements negotiated by the Assistant Secretary of Defense (Health Affairs) ?

Answer: Foreign active duty military personnel assigned or attached to the U.S. military units may receive care at military treatment facilities (MTF) within the continental U.S. Their family members are eligible to use the MTF on a "space available" basis, and they may also participate in TRICARE Standard or Extra for all outpatient care, with the exception ambulatory surgery. They may not enroll in TRICARE Prime.

Commanders of major overseas commands may authorize care in Navy MTFs in emergency situations only, subject to availability of space, facilities, and the capabilities of the professional staff. They may only authorize it if care can't be obtained in the medical facilities of the host country, or in facilities of the patient's own country, or if such facilities are inadequate. Hospitalization may be only for medical or surgical conditions, exclusive of nervous, mental, or contagious diseases, or those requiring "in house" care.

If you would like to know more about this issue, contact

your local TRICARE Service Center.

Do you have a question about TRICARE? The Bureau of Medicine and Surgery now has a dedicated e-mail address to send in your questions and get a respond via MEDNEWS. Because of space constraints, not all questions will be answered. The e-mail address is tricare@bms200.med.navy.mil.

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Healthwatch: Cooking Fat-Free in a Fat-Filled World

By law, foods containing less than half a gram of fat per serving are considered fat-free. But when choosing foods advertised as fat-free, it's important to consider the standard serving size when it's listed on food labels. Food amounts formerly listed as fat-free, such as a teaspoon of fat-free salad dressing, will be shown to contain a significant percentage of fat calories when eaten in a typical amount.

And most of the fat-free foods in the supermarket don't come with labels. That's because they are found in the fresh produce department. Nearly all fruits and vegetables, with the exception of avocados, are fat-free or nearly so at normal serving sizes. And even fresh foods will soon have their nutrition information posted, according to U.S. labeling laws.

As for other fat-free foods, a one-half-cup serving of most legumes, including beans, peas and lentils, whether dried or fresh, is fat-free. Skim milk and any product made from skim milk, such as nonfat yogurt and skim milk cheese, are also fat-free.

Some tasty fat-free snacks include the following:

- unbuttered air-popped popcorn;
- raw vegetables with herb-seasoned nonfat yogurt dip;
- fresh fruit;
- or a glass of fruit juice.

Of course, it's not necessary to restrict one's diet to fat-free foods. Some ways to reduce fat in the foods we eat include the following:

- Season both cooked foods and salads with herbs, spices and lemon juice rather than butter and sauces.
- Substitute mustard or low-fat yogurt for mayonnaise in sandwiches.
- Cook foods in seasoned water or vegetable broth rather than frying them.

Ask you health care provider for advice on how much fat is right for you and for ways that you can reduce your fat consumption.

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Feedback and comments are welcome. Story submissions are encouraged. Contact Jan Davis at e-mail address nmc0jkd@bms200.med.navy.mil, telephone 202/762-3223 (DSN 762-3223), or fax 202/762-3224.